

LIFEWALK

Walking for emotional, physical and Spiritual Wellbeing

LifeWalk: a walking experience that walks, talks, thinks, reflects, listens, contemplates and engages with aspects of walking and the environment this takes place in. LifeWalk looks to encourage reflective exercise that engages all the senses of the participant, with ongoing positive attitudes to wellbeing & health.



Eden People are a Christ-centred non-religious all age group from Guildford. Community wellbeing is our priority focusing on Physical, Emotional & Spiritual Health.

To Register your interest in LifeWalk, contact:

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Cost: FREE thanks to funding from the Postcode Lottery Fund & Localgiving Magic Little Grants.



localgiving.org